

# WALKING IN THE WAY OF THE SPIRIT

Coming Together

Circle of Security

Love is...

The Work of the People

Practice



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# Aha! Moments

Reflect on your practice this week.

When did you notice God at work in the world?  
Describe the emotion you felt when you witnessed God at work.



**Bonus:**

Did the change you witnessed  
feel part of a transcendent  
process?

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Smile

Play

Someone you  
love

Reflect

## What Does Love Mean to You?

How do you show love to someone who has hurt you?

What makes you smile?

Click on the  
tabs to the left  
to explore  
what love  
means to you.



## What makes you smile?

Scroll through the photos on your phone 1 at a time.  
Stop at the 1st photo that makes you smile.

- Who is in the photo?
- Why did you smile?
- Pay attention to how your body feels.

Where do you feel the emotion in your body?

Describe it (warm/cold; expanding/contracting;  
bright/dim)



# Laugh and Play

What makes you laugh?

How do you play?

With whom do you play?



# Think About Someone You Love

To feel loved, they need....

To feel loved, I need....



# Reflect

How does God show love in today's world?





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Secure Base

Safe Haven

# Circle of Security

"When children feel safe and secure, their curiosity automatically kicks in and they want to learn about the world. But before they set off to explore, they need to feel they have our full support to go out and discover their new world."



## Secure Base

Make note of words or phrases that describe people or situations that make you feel secure enough to support your exploration.



## Save Haven

Make note of words or phrases that describe people or situations that allow you to feel safe, that help comfort you and help you make sense of your experiences.



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Safe Haven

Secure Base

## The Work of the People

**Liturgy** is a work performed by the people for the benefit of others." The video in this exercise is a video liturgy on love.

Watch the video *Greater Things* (access from the FFL lesson) then click on the tabs to the left to connect the video to the Circle of Security



## Foot Washing

After watching *Greater Things...*

Consider how you provide a safe haven for others:

What is your version of foot washing?



## Greater Things

After watching *Greater Things*...

Consider how you provide a secure base for others:

What is your version of being sent out for greater things?





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## Practice

The spiritual journey is a discipline and requires intentional practice.

Homework

Click on the homework tag for this week's homework





## THIS WEEK...

Every day pay attention to when you notice God at work in the world.

At least 3 times this week, jot down the who, what, when, where, and how of the experience. Bullet points are fine.

After noting the experience, comment on whether or not you encountered the energy of love in/through the experience.  
Why? Or why not?



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